

Exercise plan :
**Early post op knee replacement
exercises**

Patient:
Sulis Exercises

Date:
17th Jul 2026

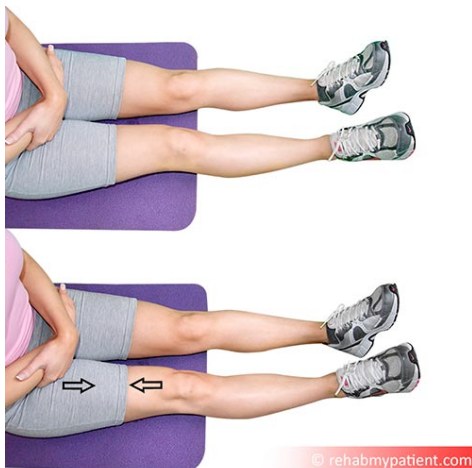


Ankle Circles

Lying on your back, move your ankles around in circles both anti-clockwise and clockwise. This is a great mobility exercise to the ankle, and very useful for ankle stiffness following a sprain.

Repeat 5 times

Video: http://youtu.be/Za8PFXDFp_M



Static Quadriceps Contraction

Sit with your legs straight out in front of you. This can be on a bed or a sofa. Tighten your right thigh (Quadriceps) muscle by actively tensing/squeezing the muscle, noticing that as you do so your leg will naturally straighten slightly. To finish, just relax the Quadriceps muscle.

Repeat 5 times

Video: <http://youtu.be/ltZhmKM9KT4>



Knee Flexion

Slide your heel towards your bottom. Go as far as feels comfortable, and then return to the start position (with the leg straight). This is a good way to improve mobility to a stiff knee joint.

Repeat 5 times

Video: <http://youtu.be/skOauZ54MLU>



Inner Range Quadriceps

Sit on the floor, and place a rolled up towel under your knee. Tighten your thigh (Quadriceps) muscle and lift your heel. You should be pressing your knee against the towel. As your leg straightens, it does not fully lift off the floor (only your foot lifts off the floor). Slowly return to the start position.

Repeat 5 times

Video: <http://youtu.be/ZPt0HPDgNDw>



Straight Leg Raise Single Leg

Lie on the floor or bed. Bend one knee with your foot resting on the floor or bed. Lift one leg about 10 inches off the floor. Hold, and return to the start position. Repeat as required. This is a hip flexor strengthening exercise.

Repeat 5 times

Video: <https://youtu.be/kYeiYBZ4d1g>



Knee Extensions Sitting

Sit upright with good posture. Slowly straighten your left leg out in front of you as far as feels comfortable. Slowly lower back to the floor, then repeat with the right leg. If you suffer any cramp in your upper thigh, do not straighten your leg fully and keep a small bend. This exercise will help mobilise your knee and improve strength in your leg.

Repeat 5 times

Video: <https://youtu.be/uklsfS5YTXA>



Knee Flexion Passive Sitting

Sit on a chair with upright posture. Use your good leg to bend your affected leg backwards, creating flexion to your knee. This is a passive mobilisation exercise for the knee.

Repeat 5 times

Video: <https://youtu.be/C0z9db2gdG8>



Walking Up and Down Stairs with One Crutch

Going up stairs:

- 1) Able leg
- 2) Bad leg
- 3) Crutch

Going down stairs:

- 1) Crutch
- 2) Bad leg
- 3) Able leg

Video: http://youtu.be/ghudpH_d5lo

Try to complete these exercises little and often for the first two weeks post-op until you see your outpatient physiotherapist. Please don't wake up in the night to complete them. If you have any questions with an exercise, please don't hesitate to get in touch via our email physio.enquiries@sulishospital.com, or call our department on 01761422388. Good luck and keep with it!

Please stop any exercise that causes pain, and ask one of the physiotherapists for advice.

Ice packs may also help to ease discomfort in the knee, it should be kept on for 20 minutes and then removed. You can reapply it every 2 hours. Please refer to our document 'Advice on heat and ice pack application' on our website.

It is important to keep the operated leg elevated to prevent swelling that may occur. Keep the leg straight when resting (no pillows under knee).

You will feel discomfort in the operated joint, but it is still important that you continue with the exercises. The exercises may help to ease any stiffness you may experience in the knee.

Further information can be found on our website and accessed at the QR code below:



<http://www.sulishospital.com/jointschool>